

# NORTHERN NOTES

Northern Colorado Intergroup/  
Central Office of Alcoholics Anonymous

August 2023

*A letter from our  
new Secretary  
Amy J. ~*



Heya! My name is Amy. If we haven't met yet, I hope we do soon. I have been an active member of the Fort Collins AA community for a little over three years. My home group is Last House on the Block. You should check it out if you haven't yet! I moved here in 2020 smack dab in the middle of the pandemic from Wyoming with my daughter. I was nervous. But because of the local AA meetings, and the support we found in those meetings, it didn't take long to settle in and call this place home.

My sobriety date is March 17, 2020 (yep, St. Patrick's Day). I got sober over Zoom and couldn't attend a brick-and-mortar meeting until I already had a year of sobriety. Zoom meetings saved me and gave me a solid footing in recovery. Brick and mortar meetings have kept me on a straight path and brought amazing moments of fellowship along with it. I love my local recovery community, while still celebrating my Zoom AA family. They are both very dear to me and essential to this new way of life.

Service and sponsorship are a huge part of my recovery. My first sponsor always told me, "You can't keep it if you aren't giving back or giving it away." I have service commitments over Zoom and at brick-and-mortar meetings at the group level, try to regularly volunteer with fundraising events for the Central Office, and am humbled to serve on the Steering Committee for the NCIG. This all helps me to stay connected to the fellowship and keep our primary purpose at the forefront of my recovery journey.

AA has shown me a new way of life. I don't have everything I want, but I have everything I need. And that is a really good place to be. I also have men and women in my life who I can turn to when I am struggling and need a little bit of help or guidance. Mentors, you can call them, on how to navigate life on life's terms. If you are one of those people.... Thank you. I don't take it for granted. Everyday is a gift. And if nobody has told you yet today, I love you!

Thanks! Amy

**8 STEP** - Made a list of all persons we had harmed, and became willing to make amends to them all.  
**TRADITION** - Alcoholics Anonymous should remain forever non-professional, but our service centers may employ special workers.  
**CONCEPT** - The trustees are the principal planners and administrators of overall policy and finance. They have custodial oversight of the separately incorporated and constantly active services, exercising this through their ability to elect all the directors of these entities.

PRINCIPLES: **FORGIVENESS** △ **SERVICE** △ **SPIRITUALITY**

## A.A. Quote for August:

“We finally saw that faith in some kind of God was a part of our make-up, just as much as the feeling we have for a friend. Sometimes we had to search fearlessly, but He was there. He was as much a fact as we were. We found the Great Reality deep down within us. In the last analysis it is only there that He may be found. It was so with us.”

— *Alcoholics Anonymous* [Big Book], p. 55

Are there any changes to your meeting or do you have a suggestion for Central Office?

Send it to [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

What do you want to see under Resources on the Intergroup website?

Send it to us at [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

Want write an article for Northern Notes?

Send it to us at [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org)

Do you have a story, image or joke for Northern Notes?

You know what to do.

## - CALENDAR -

**Tuesday, August 1st, 7 PM**

District 23 Meeting:  
35 Carlson Blvd, Johnstown

**Sunday, August 6th, 5 PM**

District 21 Meeting  
@ 301 E Drake, basement

**Sunday, August 20, 2023, 6 PM**

Tradition 8 Workshop  
2000 Stover St in Fort Collins

**Monday, August 21st, 6 PM**

NoCo Intergroup Meeting:  
Zoom ID: 826 2737 9047

**September 1-3, 2023**

2023 Colorado State Convention  
Island Grove Regional Park  
501 N 14th Avenue, Greeley, CO

**Sept 29 - October 1, 2023**

Southwest Regional Forum  
Radisson Airport Hotel, El Paso, TX

**2023 Gratitude Banquet**

*TBD, in November*

**November 17-19, 2023**

Winter 2023 Assembly  
DoubleTree Denver Tech  
Greenwood Village, CO

**How to send an Intergroup / Central Office 7th tradition contribution:**

**Venmo:** @NCIGAA

**PayPal:** <https://paypal.me/nocoaa>

**Web:** <https://nocoaa.org/contribute>

**Send a check or drop off cash at:**

Northern Colorado Intergroup  
155 N College Ave #120

Fort Collins, CO 80524

**BE A FAITHFUL FIVER**  
or  
**BIRTHDAY**  
**CONTRIBUTOR**  
5ER support

Sign up for a monthly contribution of \$5 (or more), or the number of years you've been sober. Visit us at <https://www.nocoaa.org/contribute>.

# August 2023 ANNIVERSARIES

CONGRATULATIONS!

CONGRATULATIONS!

Ashley T. ~ 10 years  
Barb V. ~ 21 years  
Bob F. ~ 28 years  
Cini ~ 11 years  
Eddie R. ~ 24 years  
Jennifer C. ~ 7 years  
Jimmy C. ~ 18 years  
Joanie B. ~ 39 years (July)  
Katya O. ~ 10 years  
Kevin L. ~ 28 years  
Laura S. ~ 12 years  
Lorraine L. ~ 26 years  
Nancy E. ~ 28 years  
Paula B. ~ 6 years  
Tom McD. ~ 41 years

Please email  
contact@nocoaa.org if  
you don't see your anniversary.

*I am Responsible . . .*

*When anyone, anywhere,  
reaches out for help,  
I want the hand of AA  
always to be there.  
And for that: I am responsible.*



## Things We Cannot Change

This column acknowledges the passing of our A.A. friends and family within the Northern Colorado community.

If someone close to you in the fellowship has passed away, you can **contact us at NCIG Central Office - officemanager@nocoaa.org** - for a mention in Northern Notes to let others know. Please send their name, town where they lived, and the month of the year they passed, which can be shared here.

### CENTRAL OFFICE

#### STATEMENT OF PURPOSE

The purpose of NCIG / Central Office is to support meeting groups in the area and to assist in helping and carrying the message to the next alcoholic by receiving, distributing & following up on 12 step calls, answering inquiries about A.A., and cooperating with Area public information committees. Central Office also maintains information about Northern Colorado meetings and events. We provide 24-hour phone service, a centralized website and office, newcomer packets, workshops, a newsletter. We also order, sell & distribute A.A. literature and more.

### New @ Central Office

- Most AAWS literature and pamphlets are back in stock
- Small Blue AA Triangle with Circle Meeting Signs

AAWS is temporarily out-of-stock of the "A.A. Service Manual / Twelve Concepts for World Service 2021-2023", Braille Big Book and 12 +12, the Set of 3 Placards, Display Rack Extensions, Window Shades, and several pamphlets.

We have all of these still in stock, except the shades, placards & rack extension.

W W W . N O C O A A . O R G

# Central Office

OPEN Mondays - Fridays, 9 AM - 5 PM

155 N College Ave #120

Fort Collins, CO 80524

970-224-3552 • 24/7/365

## **Central Office serves the meeting groups and the next alcoholic.**

We have a **Lending Library** with conference-approved literature and books of all types along with speaker cassette tapes & CDs. We also have extra issues of Grapevine, the "meeting in print", to check out.

## **Does your group need an Intergroup Representative?**

We service over 75 groups in Northern Colorado. Talk to your homegroup in your town. Be an IGR, and help to continue to make Central Office thrive and fulfill its primary purpose for the Northern Colorado area.

## **District 21 (Larimer County):**

**DCMs** - Marcus and Steve

**ARCHIVES** - Meets 3rd Wednesday of the month 4:45pm at 213 Jefferson St (Millenium Tattoo), Fort Collins. They also host the Longtimers' Tales speaker meeting on the first Wednesday of the month at 7 PM, 1 Aspen Dr in Loveland.

**BRIDGING THE GAP** - This A.A.-wide program helps people leaving a correctional or treatment facility become acquainted with A.A. and attend A.A. meetings in their home town, after they are released. Contact D21 BTG at [bridgethegapnoco@gmail.com](mailto:bridgethegapnoco@gmail.com) or fill out the BTG form on [nocoaa.org](http://nocoaa.org) if this service is of interest to you.

**CORRECTIONS** - Contact Jerry at [jerrythedad1@gmail.com](mailto:jerrythedad1@gmail.com).

**CPC/PI** - Individuals wishing to connect with people who wind up in the hospital (Medical Center of the Rockies, Poudre Valley, North Colorado Medical Center Greeley, Banner Medical Center, and McKee Medical Center), there is an active **Peer Support Hospital Visitation Program**.

The AA Hospital Dispatcher role is for receiving calls from participating Fort Collins, Loveland, and Greeley Hospitals for patients who request a visit or call from AA. They manage calls and ensure that the proper AA response team is in place to respond to the calls/visits. Meetings are the 3rd Wednesday of the month at 5:30 pm-- Harmony Pres Church, 400 E Boardwalk, Fort Collins.

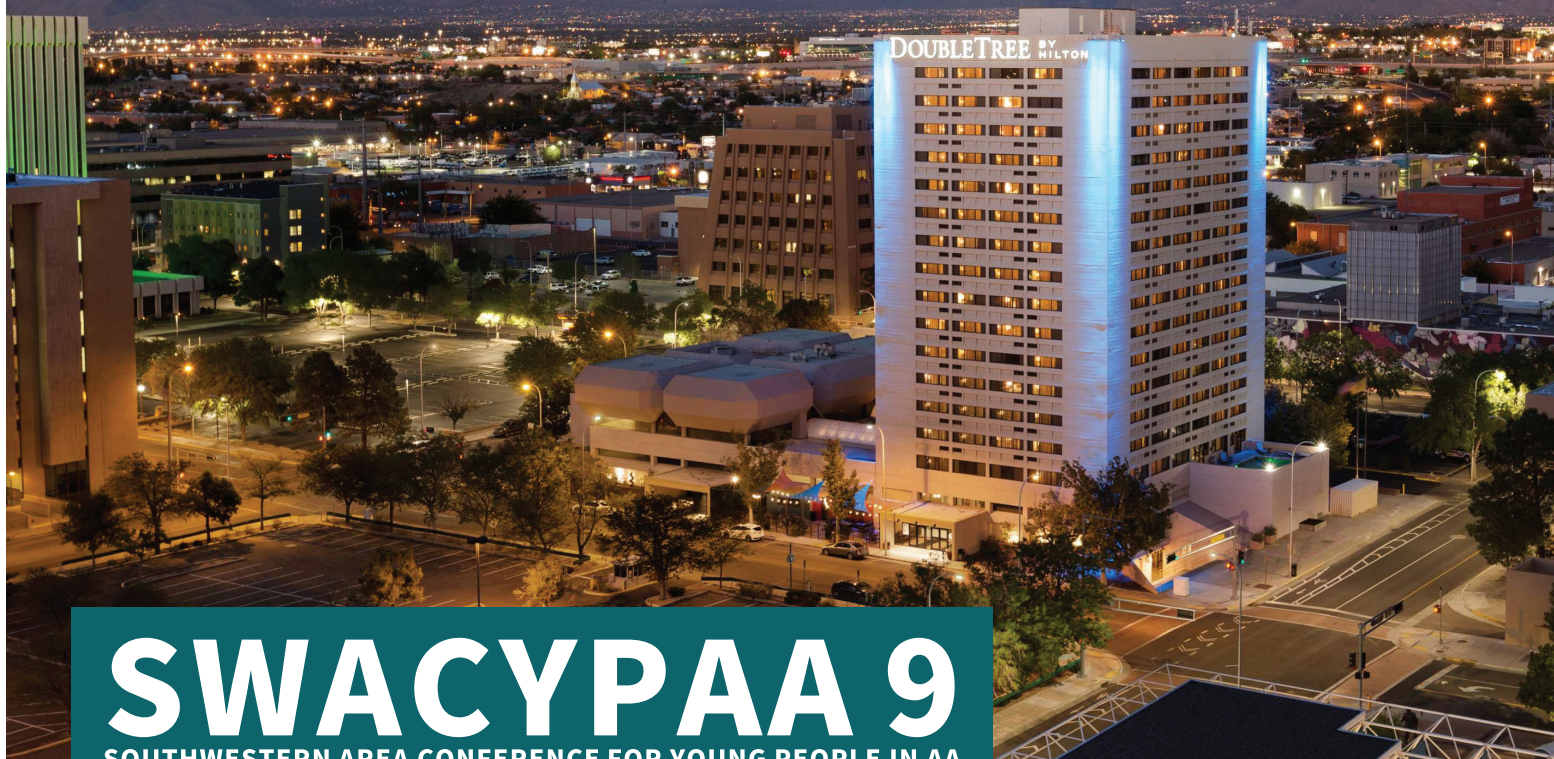
The AA Hospital Program offers volunteer training/education sessions. Please contact the dispatcher Larissa at 970-691-1073 if you have any questions regarding the service or on becoming a volunteer for the AA Hospital Program. Education/training session can be on Zoom and Larissa can provide more information.

**TREATMENT** - Join the D21 Treatment Committee and share your experience, strength, and hope with men and women in our local rehabilitation centers. Please help us carry the message of hope to these individuals who are about to re-enter the real world. Remember, you can only keep what you have by giving it away. Contact [nocotreatment@gmail.com](mailto:nocotreatment@gmail.com).

For **District 23 (Weld County)** information, contact their DCM, Sean W. at [walker.sean42@gmail.com](mailto:walker.sean42@gmail.com).



# AGE OF MIRACLES



## SWACYPAA 9

SOUTHWESTERN AREA CONFERENCE FOR YOUNG PEOPLE IN AA

## AUGUST 17 - 20 ALBUQUERQUE, NM

### Double Tree Hilton & Convention Center

Room Rate: \$135 Per Night - Room Rate Cutoff Date: July 25th

### Join Us for an Experience You Must Not Miss!

Pre-Register Now for \$25 Before Price Increases!!!



@SWACYPAA-CORP



SWACYPAA9@GMAIL.COM



Book Room Online Now!  
<< Scan the QR Code  
Or Call 800.584.7058 and  
Use Reference Code: SWA

Pre-Register Now!  
Scan the QR Code >>  
Or Register Online at  
[www.swacypaa9.org](http://www.swacypaa9.org)





# Northern Colorado Intergroup Committees

## **Fundraising & Events Committee**

Join this committee if you are interested in planning community events. You do not need be an IGR.

**Currently, we are in great need of 2 volunteer co-chairs and other volunteers to help organize the 2023 Gratitude Banquet.**

*We have a Treasurer!*

## **A.A. Outreach Committee**

You are welcome to join us. You do not need to be an IGR to be on any of the service lists outlined below. We provide 3 services:

**12 Step Calls:** People who are experiencing symptoms of alcoholism call in to the Central Office. Central Office keeps a list of volunteers who are willing to call the person back and share on the phone. There is also another list of persons

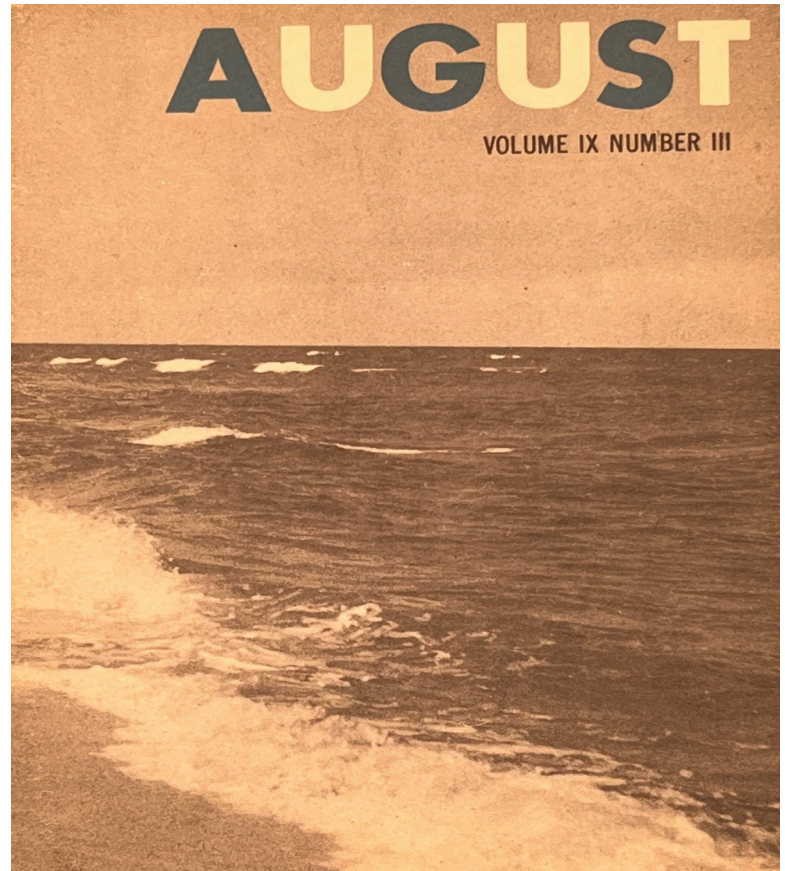
we want to enlarge of those who are willing to make a 12th-step visit with another member of AA - same gender, to the next suffering alcoholic.

\*We never go alone and there are a series of guidelines and suggestions set down by GSO and the longtime sober AA's who have gone before us.

**Kitchen Table AA:** This is a list of AA members who, when available, take a meeting to people who are temporarily shut in or homebound for a variety of reasons: Recent surgery, transportation limitations, living at a facility or unable to leave the home for any reason.

**Road Trip AA Outreach:** This service consists of a number of volunteers willing to come together and "road trip" to an outlying area meeting. The group will decide on a meeting, meet at a central location and carpool to the meeting together.

**CONTACT:** To volunteer to do service on any or all of these committee options, please email [officemanager@nocoaa.org](mailto:officemanager@nocoaa.org).



# 2023 Colorado State Convention

Presented by Area 10 Alcoholics Anonymous in cooperation with  
Area 5 Al-Anon Family Groups

Island Grove Regional Park, Greeley, Colorado - September 1st, 2nd, and 3rd, 2023



## Speakers & Events:

Friday Evening AA Speaker: Paul M (Galveston, TX)  
Friday Evening: Ice Cream Social  
Saturday Al-Anon Luncheon: Monica H (Highlands Ranch, CO)  
Saturday Evening: Banquet Dinner  
Saturday Evening Al-Anon Speaker: Kari O (Boulder, CO)  
Saturday Evening AA Speaker: Devin C (Brooklyn, NY)  
Sunday Morning AA Speaker: Ashlee M (CO Springs, CO)

Workshops, Continuous Meetings, and Videos in  
English & Spanish

## PLEASE JOIN US!

The convention runs from 3 p.m. Friday to 12 p.m. Sunday

For Preliminary Program and Updated Information

Go Online: [https://www.coloradoaa.org/convention\\_info/](https://www.coloradoaa.org/convention_info/)

Or

Email Registration Chair at [23Convention@gmail.com](mailto:23Convention@gmail.com)



Island Grove Regional Park  
421 N. 15<sup>th</sup> Ave., Greeley, CO 80631  
Enter on Southwest side of facility

Lodging: TBA

Questions: Gina M. (970)215-2260 – [23Convention@gmail.com](mailto:23Convention@gmail.com)

Register online at <https://www.convention.coloradoaa.org>,

or complete the form below and MAKE CHECKS PAYABLE TO: 2023 State Convention

Mail To: 2023 Colorado Convention, 2519 Shields St., Suite 1K #172 Fort Collins, CO 80526. *One person per form, please.*

- ☐ AA      ☐ Al-Anon/Alateen      ☐ Other
- ☐ Registration \$30.00      After 8/18/23 \$35.00  
☐ Friday Evening Ice Cream Social \$10.00  
☐ Saturday Al-Anon Luncheon \$25.00  
☐ Saturday Evening Banquet Dinner \$40.00  
☐ Dance \$5.00  
☐ Bottomless Coffee Mug \$15.00  
☐ Discounted Package Price \$115.00 (Total Savings of \$10.00 for Registration postmarked by 8/18/23)  
☐ Contributions \$ \_\_\_\_\_  
Total Enclosed \$ \_\_\_\_\_

## Member Registration Information:

Name on \_\_\_\_\_  
Badge \_\_\_\_\_  
Home Group \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip Code \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_

☐ I'd like to volunteer!

For "Special Needs" consideration, please e-mail Gina M.  
at [23Convention@gmail.com](mailto:23Convention@gmail.com)  
(every effort will be made to accommodate special requests).

On-site registration will be open from 3 p.m.—9 p.m. Friday, September 1, 2023, and at 8 a.m., Saturday, September 2, 2023



# MEETING CHANGES

GROUP/MEETING	UPDATE
It's 5 O'Clock Somewhere	No longer meeting
Early Worms Women's Meeting	New Meeting in Estes Park - Mondays 12 pm
Milliken Miracles	Name Change from Primary Purpose - Tuesdays at 6pm only
Women Stepping Up	Moved to 1709 W Elizabeth St Westminster Presbyterian Church
Happy Destiny (all meetings)	Moving to 2000 Stover St St Lukes Church <i>Starting August 2, 2023</i>
NCIG Steering Committee Meeting	Changed Day & Time: 2nd Wednesdays at 6 pm, new online info: 832 3789 2431
One Day at a Time	New meeting at 5420 N Taft Ave in Loveland
Twelve Traditions Workshop - Tradition 8 - August 20th at 6 pm	Moved to 2000 Stover St St Lukes Church in Fort Collins



## The Half-Hour Variety Hour AA Grapevine's Podcast

### THOSE WHO STILL SUFFER

July 28

Let us resist the proud assumption that since God has enabled us to do well in one area we are destined to be a channel of saving grace for everybody.

A.A. COMES OF AGE, p. 232

A.A. groups exist to help alcoholics achieve sobriety. Large or small, firmly established or brand-new, speaker, discussion or study, each group has but one reason for being: to carry the message to the still-suffering alcoholic. The group exists so that the alcoholic can find a new way of life, a life abundant in happiness, joy, and freedom. To recover, most alcoholics need the support of a group of other alcoholics who share their experience, strength and hope. Thus my sobriety, and our program's survival, depend on my determination to put first things first.

Making new friends in A.A. be like



Don't call on people when there's 1 minute left in the meeting. We end on time, Steven!



# SOUTHWEST

## REGIONAL FORUM

**September 29-October 1, 2023**

**Radisson El Paso Airport Hotel, El Paso, TX**

*You are invited to the Southwest Regional Forum!*

### **PURPOSE OF REGIONAL FORUMS**

- ▶ Regional Forums are hosted by the A.A. General Service Board and “open” to all A.A. members or to anyone interested in A.A.
- ▶ Regional Forums are designed to enhance communication and participation between A.A. members, the General Service Board, and staff and directors from the General Service Office and AA Grapevine.

### **PROGRAM**

- ▶ Your Southwest Regional Trustee will moderate the event. You will also hear from General Service Office Staff Members, the General Manager, General Service Board Trustees, AA Grapevine Inc. Publisher and Staff, A.A. World Services, Inc. Director, your region’s Delegates, and past trustees.
- ▶ There will be presentations, workshops, panels, and more. There will also be sharing sessions that will allow you to comment and ask questions of the board and staff. A sample program is posted on aa.org under the Regional Forums tab.
- ▶ The event will take place on Friday from 6 p.m. – 10 p.m., Saturday from 9 a.m. – 9 p.m., and Sunday from 9 a.m. – 12 p.m.

### **REGISTRATION INFORMATION**

- ▶ Registration is **FREE** and will open online at [www.aa.org](http://www.aa.org) on June 30, 2023.
- ▶ All registration information is confidential and will not be used for anything except communicating about the event and sending the digital Final Report.

### **HOTEL INFORMATION**

Radisson El Paso Airport Hotel  
1770 Airway Blvd, El Paso, TX, 79925  
Phone: (800) 333-3333

- ▶ Hotel reservations: <https://WWW.RADISSONHOTELSAMERICAS.COM/EN-US/HOTELS/RADISSON-EL-PASO-AIRPORT>

Last day to book September 8th

- ▶ Rate: Double Occupancy, \$105 per night US or Canadian
  - To receive the group rate, reference the event.

*We look forward to seeing you in El Paso!*

**For more information, please contact, Regional Forums Staff Coordinator,  
at [regionalforums@aa.org](mailto:regionalforums@aa.org) or call (212) 870-3120**

Registration Link: <https://na.eventscloud.com/ereg/index.php?eventid=757214#>





# You're Invited!

## Happy Destiny's Annual BBQ and Meeting



**Come join us for fellowship, food and fun!**

We will provide the burgers, hot dogs and drinks.

***Please bring a side to share!***

**When:** Friday 8/18/23

**SPEAKER MEETING** with Jamie H. as the speaker!!

**Start Time:** Meeting starts at 5:30

**Feel free to come by early with some lawn games!**

Food and fun directly after the meeting at 6:30

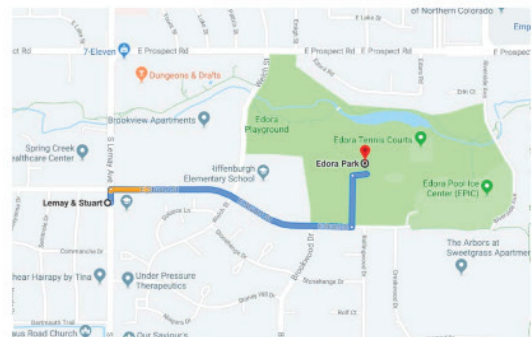
**End Time:** 8pm

**Where:** Edora Park

1420 E. Stuart St. Fort Collins 80525

Note: The park does have tables and benches but feel free to bring a lawn chair!

***\*\*This is an open meeting, ALL are welcome to attend!\*\****



August 01

**The spiritual life is not a theory. We have to live it.****ALCOHOLICS ANONYMOUS, p. 83**

When new in the program, I couldn't comprehend living the spiritual aspect of the program, but now that I'm sober, I can't comprehend living without it. Spirituality was what I had been seeking. God, as I understand Him, has given me answers to the whys that kept me drinking for twenty years. By living a spiritual life, by asking God for help, I have learned to love, care for and feel compassion for all my fellow men, and to feel joy in a world where, before, I felt only fear.

## SERVICE OPPORTUNITY: BE A CENTRAL OFFICE WATCH VOLUNTEER



Six months of sobriety required. Answer phones, give out information, speak with another alcoholic and families/friends, etc.

**Available shifts for one person or a (meeting) group:**

OFFICE:

- Thursdays, 1-3 PM
- Fridays, 3-5 PM

PHONE:

- 4th Friday of the month, 5 PM - 8 AM

You can also be a substitute and/or 12th step caller on our **help-the-next-alcoholic** list.

Contact Julie or Beth at  
[contact@nocoaa.org](mailto:contact@nocoaa.org)

## What is Intergroup???

Intergroup has been formed so that each group may elect a representative from their group to participate in monthly business meetings with other group representatives. Each month they share their group's experience in carrying the A.A. message, lets all the members of Intergroup know how their home group is doing: numbers of attendance, when and where they meet. The Intergroup representative keeps their group informed about what Central Office is doing, as well as the other groups. Make sure your group has a vote and a voice! Intergroup helps the next alcoholic and the Central Office.

**All actions of the Northern Colorado Intergroup shall be guided by the Twelve Traditions, Twelve Concepts, and the A.A. Service Manual.**

**Governed by the By-Laws and Amendment documents.**

## CENTRAL OFFICE DAY WATCH PHONE STATS

	JULY 2023
A.A. Information	<b>45</b>
Al-Anon	<b>0</b>
Bridging the Gap	<b>1</b>
Detox/Treatment	<b>0</b>
12th Step	<b>2</b>
Other Calls*	<b>19</b>
Visitors	<b>67</b>
Voicemails**	<b>4</b>
<b>TOTAL CALLS</b>	<b>71</b>

\* Usually local members requesting anything from a meeting change to a special order, but also includes hang-ups.

\*\* Voicemails are from night.watch missed calls & are returned.

STAY TUNED FOR NIGHT WATCH STATS

## WEBSITE & GOOGLE SEARCH STATS for JULY 2023:

FROM WEBSITE WORD PRESS INSIGHTS	FROM GOOGLE SEARCH PROFILE ---->	WEBSITE CLICKS	PHONE CALLS
<b>2,442 USERS*</b>	<b>1,971 VIEWS</b>	<b>417</b>	<b>39</b>

\*Distinct single user visits to [nocoaa.org](http://nocoaa.org)



# Tell us what you think...



Grapevine is developing a smartphone app for both Grapevine and La Viña magazines.

The app will be a hand-held control center for all things Grapevine and La Viña. Take a look at our list of features and ideas on the right—we want your input and ideas too. Let us know your thoughts.

Email us at [social@aagrapevine.org](mailto:social@aagrapevine.org)  
Put **"App Ideas"** in the subject line.

## Grapevine and La Viña Apps

Imagine having all of this at your fingertips:



Scroll through monthly magazine



Archives of every magazine since 1944



Search tool



Audio playlist of every current article



Popup day count



Input your meeting schedule



Create a Daily Spiritual Maintenance Checklist



Podcast link



Daily Quote



Meeting Guide



Sobriety Calculator



Build a library of favorite articles



Grapevine Store



Link to YouTube channel

# 46<sup>th</sup> ANNUAL CORNHUSKER ROUNDUP



**XLVI**

'Sobriety - The Great Life'

Register Online @  
**www.AA-Cornhusker.org**

Or by mail @

CHAIRMAN, CORNHUSKER ROUNDUP  
P.O. BOX 623  
BELLEVUE, NE 68005

Request additional flyers

## 46<sup>th</sup> Annual Cornhusker Roundup

**THURSDAY**

**8:00 P.M.**

### EARLY BIRD MEETING

\* **Rose E.** (A.A.) Springhill, FL  
(Roundup registration not required to attend this meeting.)

**FRIDAY**

**2:00 - 4 P.M.**

### "Twelve Steps"

**Pat Y.** (A.A.) Seal Beach, CA

**8:00 P.M.**

\* **Heidi S.** (A.A.) Grove City, PA

**10:00 P.M.**

**Molly M.** (A.A.) Omaha, NE

**SATURDAY**

**9:00 A.M.**

**Shari H.** (A.A.) Carter Lake, IA

**10:30 A.M.**

**Vannoy S.** (AFG) Justin, TX

### MATINEE

**2:00 P.M.**

\* **John S.** (A.A.) Helotes, TX  
Followed by-

\* **Cindy S.** (AFG) Helotes, TX

**8:00 P.M.**

\* **Bobby C.** (A.A.) Philadelphia, PA

**10:00 P.M.**

**John E.** (A.A.) Bellevue, NE

**SUNDAY**

**10:00 A.M.**

### MORNING AFTER

\* **Pat Y.** (A.A.) Seal Beach, CA

Please Send Your  
Registration and  
Reservations Early

\*ASL Interpreter Speaker Meetings For Deaf or Hard of Hearing Children twelve and under will not be  
Questions can be emailed to [info@aa-cornhusker.org](mailto:info@aa-cornhusker.org) admitted into the meeting hall

### HOTEL RESERVATIONS

**Holiday Inn Express** 7306 Q St, Ralston NE 68127  
402-991-0084 - For discounted rate of \$139/night, book  
by 7/14/23 and mention Cornhusker Roundup.  
Other Hotels are within 2 miles  
**Double Tree** - 402-905-9414  
**Tru by Hilton** - 402-934-4300  
**Comfort Inn & Suites** - 531-213-4085

### Entertainment - Activities

**In the Banquet Hall  
after the Main Speaker:**

\***Friday Night - Ice Cream Social**

\***Saturday Night - Dance**

## CORNHUSKER ROUNDUP XLVI

**AUGUST 10, 11, 12 and 13, 2023**  
**EARLY BIRD OPEN MEETING - 8:00 P.M., August 10**



We show the June minutes in this issue of NN because the Intergroup Reps have not approved the June 2023 minutes yet, not until August's meeting on 8/21/2023.

**Northern Colorado Intergroup / Central Office  
Intergroup Meeting- MINUTES  
June 19, 2023 - NCIG Virtual Platform**

**Call to order: 6:01 pm**

- Serenity prayer + welcome
- **Tradition 6** (long form) - Susan A. (absent); read by Rhonda N.  
*"An A.A. Group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property or prestige divert us from our primary purpose"*
- **Format-Chair; Meeting Safety, 7th tradition info and Secretary email address placed in Chat.**  
Rhonda encourages IGRs to share group info, changes and concerns during introductions.
- **Introductions: Steering Committee and IGRs with Group Updates/Announcements**  
(Quorum > 7 IGRs) \*note: please state your name and share your group info, Q's or concerns and meeting changes after your name. In this meeting only active IGRs and SC members may participate by motion or vote. All members are welcome to attend and share.  
**Rhonda**; Chair, **George**; Vice Chair (HG is SpringCreek), **Laurel**; Secretary; Alt IGR DNZ; **Amy J**; Asst Secretary, HG Last House on the Block, **Karen K**; Treasurer, IGR Step Sisters-meeting going well, **Marilyn N**; M.A.L, HG Women Stepping Up-location change in July from ABC Church to St John's Pres, **Tina**; M.A.L, **Beth**; Central Office Manager, **George C**; IGR RUS, **Julie McD**; Volunteer Coordinator; **Amy S**, IGR Women Stepping Up, **Cindy B**; District 21 Liaison, HG RUS, **Jessica J**; District 23, IGR Women Seeking Sobriety-meetings going well, Sundays at 7pm in Greeley, **Lisa Z**; IGR 287 LaPorte Group-The Tuesday Meditation mtg is really wonderful, **Marilyn G**; IGR DNZ-the Daily Noon Zoom is a wonderful online meeting with a great group and a few newcomers who are doing well, come check it out, **Kent B**; Alt IGR Breakfast with Bill and Bob-the meeting is looking for "not an Alternate" IGR, **Paula B**; IGR Fort Collins Group- Mtg is held Sundays at 9:30 am (used to be called the Hospital group) at the corner of Timberline and Nancy Grey, about 20 members, come check it out, **Molly**; IGR Women of Faith-mtg held Saturday at 9:30 at Genesis and is a hybrid in person and zoom, **Nancy K**: here to make announcement about the AA 2023 State Convention; HG Last House on the Block-doesn't see the rep here but will take notes back to the group, there was a Hospitality flyer attached to the agenda and a link on the website to volunteer, Nancy is the chair-they need volunteers for 2 hour shifts and/or any time you can give will be appreciated. Donations of food and drink items will also be appreciated. You can contact her for more information, **William**; HG Shoulder to Shoulder- here to voice concerns from his group. He listed them off (8 total) (\*note: Laurel asked for email of list and will attach the list to the minutes for clarity), he is "here as the Alternate IGR" for the Shoulder to Shoulder group.\* See page 3
- **Approval of May 2023 NCIG Meeting Minutes~** \*6:38 pm Marilyn G makes motion to approve the minutes of the May 15th NCIG meeting; Lisa Z seconds the motion; William abstains; none opposed; motion carries, minutes approved

**REPORTS:**

- **Chairperson - Rhonda N** - no report but will share items of interest in old and new business



### Northern Colorado Intergroup

- **Treasurer- Karen K** - reads May 2023 Finance report as Beth shares on screen. Rhonda calls for motion; Kent B. makes a motion to approve the May 2023 Finance report; Paula B seconds; William abstains; none opposed; motion carries; May 2023 Finance report approved
- **District 21 - Cindy B.**- Gives highlights of District 21 report that was sent to all IGRs with this meeting agenda. New Trustee, Theresa Jack; new book being introduced in literature; potential 20% increase in book/literature costs, Cindy to research info.
- **District 23 - Jessica J.**- Will continue to report on activities and events happening in Greeley as she learns of them. Current event: 2023 State Convention being held at the Island Grove facility over the Labor Day weekend.
- **Event Announcement - Nancy K** Calls for IGRs to announce the State Convention in their homegroups and call for Hospitality Suite volunteers and food donations.
- **Volunteer Coordinator - Julie McD**- Reads a description of the V.C. position that will be reviewed for the upcoming ByLaws amendments and brought up during New business. Open shifts: Monday 3:00-5:00 pm at Central Office and the first and third Saturdays of the month from 8:00 am-8:00 pm for answering the phones.
- **Old Business**
  - **ByLaws/Procedure Review** - Update and Committee formation- Volunteers from the S.C. to serve in review of the Bylaws: Rhonda, Laurel, Marilyn N. Rhonda calls for IGR volunteers; Molly had previously volunteered. The group will get together via email (Laurel to facilitate emails) later this week to set date/time to meet for the review.
  - **Gratitude Banquet** - Rhonda asks if the IGRs have heard back from their groups about volunteers to chair, co chair or participate. No one at this time. Item tabled until next meeting. IGRs encouraged to share this need again at their meetings. We would like to procure the same venue as last year.
  - **Steering Committee Special Meeting** (5/31-see Minutes)-\*see 6:30 above; approval of NCIG meeting minutes. Rhonda shares briefly about the S.C. vote to make the Volunteer Coordinator position a part of the Board. Some discussion about length of term. Molly voices gratitude from the all of us in the NCIG for all Julie McD has done to keep the doors of Central office open and the shifts covered with volunteers and by working with Beth during and following the pandemic and for all she does for AA as a whole. See New Business for results and discussion.
  - **The meeting time for Steering Committee** has been changed to the second Wednesday of the month at 6:00 pm on the virtual nocoaa.org platform. All are welcome to attend with the understanding that they will observing only, not participating. The S.C. Board members are the only voting members while conducting NCIG business. George: the 2021 tax return information is available on the website. Amy J: The primary reason we called the May 31st Special meeting was in order to have the time to address group and an individual's concerns as a committee. The meeting was two hours long. Also, the change to day/time

### Northern Colorado Intergroup

for the S.C. was in order to conduct future business without the time restrictions of holding the meeting for only 35 mins prior to the monthly meeting.

- We hope to be able to communicate solutions and information in a timely manner. The monthly meeting will now open ten minutes to 6:00. Many of the concerns sent to individual members of the S.C. have been dealt with as a committee and are reflected in the meeting minutes. We will be reviewing tonight's most recent group items of concerns at the next S.C. meeting as a committee. The meeting will be held Wednesday, July 12, 2023 at 6:00 pm. See the mtg ID on the nocoaa.org website.

- **New Business**

- a. **Adding a Volunteer Coordinator Position for Steering Committee Board-** After some group discussion, Molly makes a motion to add the Volunteer Coordinator position to the Steering Committee Board; George C (RUS) seconds; Further discussion about the position description, length of term, commitment, etc. result in Tina P. sharing she would like this motion tabled in order that the IGRs may take the information back to their groups for input and also that the NCIG IGRs who are not in attendance tonight may be more informed at the next meeting in order to vote. Rhonda tables the motion until the July NCIG meeting.
- b. **New Year's Eve Event/Dance-** Rhonda announces that Don T. has offered to coordinate this event. It will not be "committee run" but he may be calling for volunteers as we near the date. He has obtained the venue (301 E. Drake) and contacted musicians. There will be a Speaker meeting as well as a dance.
- c. **NCIG Group Inventory-** Rhonda asks the IGRs to take the possibility of holding an NCIG Group Inventory back to their groups to obtain feedback. She wants the groups to be able to have open, transparent communication with the Central office and the Steering Committee. IGRs will bring the feedback to next month's meeting.

7<sup>th</sup> Tradition - **Venmo @NCIGAA** other ways to donate: [www.nocoaa.org/contribute](http://www.nocoaa.org/contribute)

Volunteer to read **Tradition 7** next month: Julie McD

### Responsibility Statement

"I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there.  
And for that: I am responsible."

Time Adjourned: 7:06 pm

\*Attachment of concerns as expressed by William P. below.

These are my groups concerns:

1. Concerned about Treasures reports being altered during the gratitude banquet
2. Concerned about the raise that was given and approved by the SC. And there are no notes or minutes of having the groups voting for raise or even being informed about it. I talked with several IGRs and they were also shocked.
3. What is our protocol for the office manager? Is there a time sheet is she working from home etc.
4. Concerned about spirit of rotation and Julie in the office for 10 years and that we are looking for a new office coordinator.
5. Concerned minutes being changed from past meeting and the IGR's not voting on the change.
6. Concerned about transparency.
7. Concerned about IGR meeting being abruptly stopped and having important information IGR's being shut down.
8. Concerned about sending messages to the Website and they not being sent to the IGRs.

## NCIG / CENTRAL OFFICE FINANCE REPORT - JUNE 2023

### Income

Income Source	Amount	Comments	QB # Category
7th Tradition Contributions	\$ 2,027.27	Individuals & Groups	5000
Faithful Fiver Contributions	\$ 286.43	Individuals	5020
Central Office	\$ 1,241.81	June 2023 Sales Total	
Literature Sales	\$ 679.40		5200
Chip Sales	\$ 337.60		5205
Recovery Item Sales	\$ 147.70		5210
NCIG Sales	\$ 67.00	Includes Newcomer Packets and Meeting Lists	7100
Shipping	\$ 10.11	Special Order	5300
Interest Earned Q2	\$ 2.13	Prudent Reserve account	9000
Tradition 5 Workshop	\$ 46.96	Prudent Reserve account	5400
<b>TOTAL JUNE INCOME</b>	<b>\$ 3,604.60</b>		

### Cost of Goods Sold (COGS)

Expense	Amount	Notes	QB # Category
Cost of Literature	\$ 1,362.82	A.A.W.S. conference-approved Literature & Pamphlets. Hazelden and Amazon (incl special orders) - AAWS BACKORDERS	6000
A.A. World Services	\$ 1,051.20	Breakdown of the Cost of Literature	
Hazelden	\$ 206.67		
Amazon	\$ 104.95		
Cost of Chips and Recovery Items	\$ 165.01	From Recovery Shop 90% chips	6025
Cost of Printing (Ink Works)	\$ 87.36	NCIG items sold tax-free	6200
<b>Total Cost of Goods Sold (COGS)</b>	<b>\$ 1,615.19</b>		
<b>TOTAL GROSS INCOME</b>	<b>\$ 1,989.41</b>		

### Administrative & Operating Expenses

Expense	Amount	Notes	QB # Category
Comcast	\$ 183.41	Monthly: Cable Internet + Phone Service	7124
State Farm Insurance	\$ 37.66	Monthly	7150
El Dorado Artesian Springs	\$ 17.81	Monthly: water & dispenser rental	7213
Zoom Software Subscription	\$ 17.20	Monthly	7234
Quickbooks Software Subscription	\$ 88.27	Monthly	7235
Office Supplies & Expenses	\$ 67.80	Occasional - office forms, binder, barcodes, 400 coffee cups	7300
Central Office Rent	\$ 735.00	Monthly	7500
Website: Cloudflare	\$ 25.00	Monthly	7754
MailChimp Automated Email Platform	\$ 27.52	Monthly - mailing list and subscription svcs	7751
Cache Accounting	\$ 66.00	Monthly - 2 Payroll months + questions	7472
Payroll Processing Fee	\$ 1.75	Monthly - Quickbooks Deposit Fee	3300
Office Manager Net Payroll	\$ 2,096.49	Monthly - actual paid	7600
<b>TOTAL EXPENSES</b>	<b>\$ 3,363.91</b>		
<b>NET JUNE INCOME</b>	<b>\$ (1,374.50)</b>		



**June Actuals (Profit & Loss)**

Income	\$	3,604.60
Expenses (COGS & Operating Expenses)	\$	4,979.10
<b>Net June Income</b>	<b>\$</b>	<b>(1,374.50)</b>

**2023 Year to Date (YTD) Actuals (Profit & Loss)**

Income	\$	37,484.30
Expenses (COGS & Operating Expense)	\$	36,860.29
<b>Net YTD Income</b>	<b>\$</b>	<b>624.01</b>

**Bank Statements - Canvas Credit Union**

Checking Account - Ending Balance 6/30/23	\$	<b>5,218.02</b>
Savings Account/Prudent Reserve 6/30/23	\$	<b>8,517.65</b>
Current Checking Account Balance 7/4/23	\$	<b>5,522.69</b>

**Monthly Payroll Breakdown****NOTES**

June Gross Payroll Salary	\$	2,683.89	
June Payroll Taxes (Employer FICA)	\$	205.32	<i>paid to the IRS in Q2 (7/2023)</i>
June Payroll Liabilities (Employee)	\$	(587.40)	<i>FICA, FMLI, and Withholding</i>
June Net Payroll Salary	\$	2,096.49	<i>Office Manager's net June 2023 pay</i>
Payroll Processing Fee (Quickbooks)	\$	1.75	<i>Charged to NCIG &amp; taken out before above is deposited</i>
Total taken out of NCIG's bank account on 6/29/2023	\$	2,098.24	
Hours		121.33	<i>28 hours/week</i>

## 7th Tradition Contributions by Group

Group Name	June Amount	YTD Amount
539		\$551.64
7am Freedom	\$65.00	\$68.00
AA Recovery Group of Windsor		\$484.67
Acceptance		\$232.81
Awakenings	\$506.15	\$1,187.94
Basic Text		\$80.72
Berthoud Group		\$50.00
Berthoud Hump Day		
Big Book Enthusiasts		
Big Book of Loveland		\$300.00
Breakfast with Bill and Bob	\$48.51	\$2,339.51
Broad Highway of Recovery (Al-Anon)		\$200.00
Burlington AA Group		
Campus Group 2		\$60.90
Daily Noon Zoom		\$1,572.45
Early Worms		
Eaton Crow Group		
Fort Collins Group		
Friends of Bill W.		\$93.60
Friends of Bill W. 7 AM	\$20.00	\$142.98
Great Fact Group		
Greeley Group 2	\$20.00	\$120.00
Greeley High Noon		
Greeley Westside Group		\$107.00
GYST Harmony	\$142.50	\$368.50
Happy Destiny	\$79.12	\$526.94
High Noon FoCo		
Johnstown Primary Purpose	\$41.14	\$520.06
Keep It Simple Group	\$431.00	\$2,093.00
Kitchen Table A.A.		\$38.00
Laporte 287 AA Group		\$172.00
Last House on the Block		\$2,218.06
Let Them Eat Cake		
Loveland AA Group	\$309.88	\$676.49
New Beginnings		
New Hope		
NOCO Pathfinders		\$150.00
Rule 62 YPAA	\$20.74	\$108.42
RUS		\$64.62
Shoulder to Shoulder		\$364.80
Spring Creek	\$75.00	\$150.00
Step Sisters	\$20.00	\$120.00
Sterling AA Group		
Union Colony Group		\$477.19
Windsor Triangle		\$576.62
Windsor Women Unite AA		\$410.33
Women in Recovery		\$200.00
Women of F.A.I.T.H.		\$388.00
Women's Recovery Through the Steps		\$120.00
Women Steppin Up		\$75.00
Women Seeking Sobriety		
YAGBT		\$25.00
Your Life Group		\$60.00
<b>TOTAL JUNE GROUP CONTRIBUTIONS</b>	<b>\$1,779.04</b>	<b>\$17,495.25</b>

May-23 \$3,927.47

Apr-23 \$1,846.24



## Projected July 2023 Expenses Budget

Expense	Total Amount	Notes / Detail
Ink Works	\$ 90.00	Meeting lists, newcomer packet
A.A. World Services	\$ 800.00	A.A. literature re-stock
Recovery Shop	\$ 225.00	Medallions (chips), Cards, Stickers, and special orders
Amazon	\$ 65.00	Literature that sells, special orders
Hazelden	\$ 120.00	Literature, special Orders
<b>Literature &amp; Recovery Goods (COGS)</b>	<b>\$ 1,300.00</b>	
Central Office Rent	\$ 735.00	Monthly
State Farm Insurance	\$ 37.66	Monthly
El Dorado Artesian Springs	\$ 22.00	Monthly (water), varies
Mail Chimp Software Subscription	\$ 27.52	Monthly - email marketing software
Comcast	\$ 183.49	Monthly, Cable Internet + Phone
Zoom Software Subscription	\$ 17.20	Monthly
Quickbooks Software Subscription	\$ 88.27	Monthly, bookkeeping for May
Office Supplies	\$ 60.00	Monthly (as needed)
Cloudflare	\$ 25.00	Monthly Website Boost & Backup
Payroll Taxes (Employer FICA)	\$ 616.00	Quarterly - Q2
Payroll Liabilities (Employee)	\$ 1,420.00	Quarterly - Q2 (FICA and Withholding)
Payroll Liabilities (State)	\$ 306.00	Quarterly - Q2 (Withholding)
FAMLI - Colorado Initiative	\$ 36.23	Quarterly - Q2 (started in Jan 2023)
Sales Tax (City)	\$ 184.00	Quarterly - Q2
Sales Tax (State)	\$ 169.00	Quarterly - Q2
<b>Total Operating Expense</b>	<b>\$ 3,927.37</b>	
Quickbooks Payroll Processing Fee	\$ 1.75	Payroll Processing Fee
Office Manager Monthly Net Salary	\$ 2,096.49	Monthly - actual paid at end of month
<b>Total Administrative Expense</b>	<b>\$ 2,098.24</b>	
<b>TOTAL PROJECTED JULY BUDGET</b>	<b>\$ 7,325.61</b>	<b>paid bn 7/1 - 7/5 in red*</b>

\*Some COGS expenses as well

## Payroll Detail - For Reference

The April 2023 finance report includes the 1st Quarter federal payroll and liability taxes for Jan, Feb, March 2023.

The **state withholding** that comes out of the gross pay was paid April 28th, which was **\$306**. Every employer is obligated to remit all payroll liabilities, what comes out of an employee's gross pay, to the IRS & State every quarter.

The Office Manager gross salary is \$32,206.68. The monthly gross is **\$2,683.89**.

Q1 gross salary -->  $\$2,683.89 \times 3 = \$8,051.67$

The **employee FICA** is 7.65% of the above amount = **\$615.95** for Q1 (which is a payroll liability NCIG is "obligated to remit" as part of the gross salary) and the employee federal withholding is \$804 -- totaling **\$1,419.95**.

In 2023, the FAMLI Colorado (Initiative) started and is \$12.08 per month of the gross pay.

In Q1,  $\$12.08 \times 3 = \$36.24$ . This is also part of the Payroll Liabilities.

A response to William P. and his concerns was given at the July Intergroup meeting and will be in the next issue of *Northern Notes*.

To see the minutes from the Steering Committee Meetings, go to <https://nocoaa.org/resources/intergroup-documents/>.

.....

From *Twelve Steps and Twelve Traditions*, Step 8, page 80:

"We might next ask ourselves what we mean when we say that we have "harmed" other people. What kinds of "harm" do people do one another, anyway? To define the word "harm" in a practical way, we might call it the result of instincts in collision, which cause physical, mental, emotional, or spiritual damage to people. If our tempers are consistently bad, we arouse anger in others. If we lie or cheat, we deprive others not only of their worldly goods, but of their emotional security and peace of mind. We really issue them an invitation to become contemptuous and vengeful. If our sex conduct is selfish, we may excite jealousy, misery, and a strong desire to retaliate in kind."



Northern Colorado  
Intergroup /  
Central Office  
presents  
**Twelve  
Traditions  
Workshop**

*Every  
Workshop  
is one  
hour &  
has a  
different  
three  
speaker  
panel  
with a  
Q & A*

## **TWELVE TRADITIONS**

**3RD SUNDAY AT 6PM**

*2023 workshop dates*

Seven	JUL 16
Eight	AUG 20
Nine	SEPT 17
Ten	OCT 15
Eleven	NOV 19
Twelve	DEC 17

*Location:*

**St Luke's Episcopal Church  
2000 Stover St  
in Fort Collins**

**COFFEE, TEA, & COOKIES**

[www.nocooa.org](http://www.nocooa.org)

To curate a panel and/or for an upcoming workshop, contact Beth via email at [officemanager@nocooa.org](mailto:officemanager@nocooa.org)

Looking for a meeting space? A representative of St. Lukes Episcopal Church in Fort Collins contacted Central Office to put the word out that they would like to host A.A. meetings. Email [officemanager@nocooa.org](mailto:officemanager@nocooa.org)

## **SCAVENGER HUNT**

Still looking  
for a 1993  
Sober Fest  
coffee cup.  
Clear glass  
with **blue**  
writing.

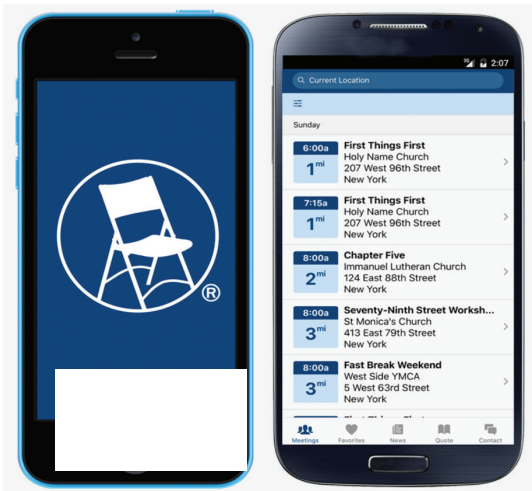
**Winner gets  
a prize!**

Contact  
Rhonda N. at  
[rudalu@msn.com](mailto:rudalu@msn.com)  
or call.

@NCIGAA



**venmo**



<https://www.aa.org/meeting-guide-app>

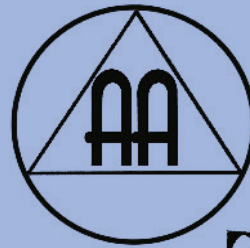
## Tradition 8 Checklist

1. Does my own behavior accurately mirror the Traditions? If not, what needs changing?
2. When I chafe about any particular Tradition, do I realize how it affects others?
3. Do I sometimes try to get some reward—even if not money—for my personal AA efforts?
4. Do I try to sound in AA like an expert on alcoholism? On recovery? On medicine? On sociology? On AA itself? On psychology? On spiritual matters? Or, heaven help me, even on humility?
5. Do I make an effort to understand what AA employees do? What workers in other alcoholism agencies do? Can I distinguish clearly among them?
6. Do I know where my local meeting directory comes from?
7. In my own AA life, have I had any experiences which illustrate the wisdom of this Tradition?
8. Have I read the book Twelve Steps and Twelve Traditions? How about the pamphlet "A.A. Tradition—How It Developed"?
9. Can my group rely on me to fulfill my service responsibilities without someone checking on me?

**Tradition Eight:** Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.



District 21 Archives  
Presents



# Longtimers Tales



Experience,  
strength and hope  
freely dispensed  
the 1st  
Wednesday of the  
month.

SOBER 20+ YEARS

7PM ONLINE &

IN PERSON

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